

Wellness and Health

5 A Day Challenge Kickoff





One of the many displays at the 5 A Day Challenge kickoff nutrition fair. Have you had your five today?

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The event was colorful and energetic - challenging staff to eat better.

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These peas in a pod were part of an array of colorful, healthy food characters that were part of the displays at the 5 A Day Challenge kickoff nutrition fair.

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The "fruit and vegetable scavenger hunt" took participants from station to station as they tried to find the hidden fruits and vegetables in the exhibits.

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A nutrition fair visitor tries to guess one of the foods in the "fruit and vegetable scavenger hunt."



Delanor Manson addresses staff during the kickoff.

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Secretary Holsinger speaks at the kickoff.

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Produce man came to the event to encourage us all to eat healthier.

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Produce man mingles with the crowd.

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Visitors seem to enjoy the event.

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A nutrition fair attendant greets visitors with a smile.

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Healthy fruit and vegetables were served at the 5 A Day Challenge kickoff nutrition fair.

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Jill Pfankuch is the new CHFS Employee Health and Wellness Promotion Coordinator.

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